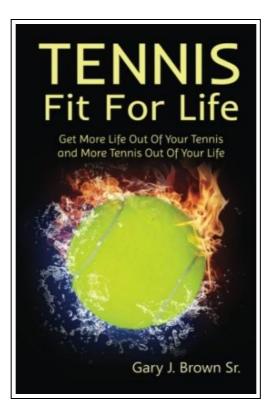
## Tennis Fit for Life: Get More Life Out of Your Tennis and More Tennis Out of Your Life (Paperback)



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## Reviews

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Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Large Print. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Tennis Fit for life explores all the physical components of tennis and explains how each of these is vital to improve your game. What most players miss from their routine, are the cutting edge, physical conditioning programs that enable tennis athletes to stay ahead. This book will help those seeking to make a significant difference to their tennis game, whether it is a more powerful serve, quicker feet, or less time at the physiotherapist. Tennis fit for life will progress tennis players to the next level.

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